

BREAKFAST MEAL CALENDAR

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Shakshuka WW Pita Home Fries Raisin Bran Flakes Cereal Fruit, Juice, Milk	2 Center Closed for Yom Kippur	3 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
6 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Veggie Sausage Patty Fruit, Juice, Milk	7 Pancakes Yogurt Parfait with Peaches Bran Flakes Cereal Fruit, Juice, Milk	8 Egg Frittata with Potatoes and Peas Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	9 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	10 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice, Milk
13 Egg a la Mexicana Fresh Tomato Salsa WW Tortilla Home Fries Oatmeal Fruit, Juice, Milk	14 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Strawberries Fruit, Juice, Milk	15 Meatless Eggs Benedict Lettuce and Tomato Home Fries with Peppers and Onions Toasted Oats Cereal Fruit, Juice, Milk	16 Pancakes Bran Muffin Yogurt Parfait with Peaches Fruit, Juice, Milk	17 Cheese Blintzes Cinnamon Raisin Bagel Farina Fruit, Juice, Milk
20 Scrambled Eggs Veggie Sausage Patty Raisin Bran Cereal WW Mini Bagel Fruit, Juice, Milk	21 Tropical Waffles with Mangoes and Whipped Cream Oatmeal Cottage Cheese Fruit, Juice, Milk	22 Shakshuka WW Pita Home Fries Raisin Bran Flakes Cereal Fruit, Juice, Milk	23 WW Cinnamon French Toast Raisin Bran Cereal Yogurt Parfait with Blueberries Fruit, Juice, Milk	24 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice, Milk
27 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Veggie Sausage Patty Fruit, Juice, Milk	28 Pancakes Yogurt Parfait with Peaches Bran Flakes Cereal Fruit, Juice, Milk	29 Egg Frittata with Potatoes and Peas Veggie Sausage Patty Raisin Bran Cereal Fruit, Juice, Milk	30 Tropical Waffles with Mangoes and Whipped Cream Bran Flakes Cottage Cheese Fruit, Juice, Milk	31 Cheddar and Potato Bake Mini Croissant Toasted Oats Cereal Fruit, Juice, Milk

Meal Information: In Person Breakfast | Monday – Friday | 9:00 AM – 10:00 AM | 2nd FL. Dining Room
Seating starts @8:45AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*
Address: 331 East 12th Street, New York NY 10003 Contact: email sirovich@14streety.org or call 646-395-4534

MEAL KEY: WW= Whole Wheat

LUNCH MEAL CALENDAR OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	2 Center Closed for Yom Kippur	3 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
6 California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	7 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	8 Mushroom Gravy Turkey Meatloaf WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	9 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	10 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk
13 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	14 Chicken Parmesan Whole Wheat Pasta California Blend Vegetables Fruit and Milk	15 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	16 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	17 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
20 Vegetarian Three Bean Chili Brown Rice Garden Salad Fruit and Milk	21 BBQ Chicken Leg Quarters Baked Macaroni and Cheese WW Dinner Roll California Blend Vegetables Fruit and Milk	22 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	23 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	25 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
27 California Veggie Burger WW Hamburger Bun French Fries Coleslaw Fruit and Milk	28 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	29 Mushroom Gravy Turkey Meatloaf WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	30 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	31 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit, and Milk

Meal Information: Lunch | Monday – Friday | 12:00 PM – 1:00 PM | 2nd FL. Dining Room

MEAL KEY: WW= Whole Wheat

Seating starts @11:00AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30PM*

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